



Charles Eisenstein: Story, Mindset, Spirituality and Activism



Charles Eisenstein is a cultural philosopher, speaker, and author. Explore the power of story and how it shapes the world around us, the three levels of activism and the power of shifting your attention.

TOP EMBODIMENT TIP: This is so much more than a paradigm shift; It's about how to change one's experience of life.

The Social World is Built on Stories: Which one are you contributing to?

- Stories help us structure what we think of the world & how we make sense of our existence.
- We are transitioning from the story of separation (individual/other, mind/body, spirit/matter) towards one of "interbeing" -- the reunion of these things, recognizing ourselves/the world as interconnected

Activism Occurs on Three Levels:

- **Inner work, relational work, and work out in the world.**
- Your activism may look invisible in traditional 'Newtonian' terms, but all forms of healing: personal, social, political, and ecological are part of the same planetary healing. Trust your inner guiding system.
- Ask yourself: What is my heartfelt call to service? What are the unmet needs of the world? What are the ground conditions that give rise to the world destroying machine?

Embodied Orienting System:

- **Mental faculties alone are insufficient to the crisis at hand**
- At this time of intellectual disintegration, we need to orient in other ways beyond the cognitive, analytical, quantitative faculties: the intuition of the body, heart, gut, cells, bones (that include the cognition, but are not limited to that)
- "I don't know" is a form of humility; If we pretend we know when we really don't we're going to replicate the same mistakes again. It's in not knowing that creativity comes in (and people that actually do know!)

Don't Change Yourself, Shift Your Attention:

- **When the invisible is brought into consciousness, change happens**
- Focus on all of those things that feed the process of transformation, without making/forcing it to happen; Create conditions where what's been unseen/heard/witnessed can come into consciousness.

It's Not "Team Good" vs "Team Evil": Moving beyond the habit of judgement

- If people could truly hear / feel peoples stories, the political climate would change; How can we create conditions where people can see each other, really, and what gets in the way of that? We are more effective at addressing the true causes of what is hurting us when we stop judging people